

I CLAIM:

Sub  
all  
1. An therapeutic exercise program for treating a patient having an abnormal condition indicated by a maximum pulse rate that deviates from a normal maximum rate and a resting pulse rate that deviates from a normal resting rate the program being carried out by the steps of:

A. continuously monitoring the heart pulse rate of the patient in the course of the program as the patient exercises;

B. subjecting the patient to a series of exercise-relaxation cycles in which in the course of each cycle the exercising patient expends a surge of energy causing his pulse rate to reach a peak value that depends on the patient's physical state, at which point the patient relaxes and his heart rate, because of a pendulum effect induced in the patient's heart, swings down from the peak value to a resting rate value to produce a spiked heart wave;

C. continuing the program until the patient's maximum pulse rate and resting pulse rate approach those of an individual free from the abnormal condition.

2. A program as set forth in claim 1, in which at the outset of the program the initial resting pulse rate and the initial maximum pulse rate are measured to determine the existing range and flexibility extending between these rates, the program then being conducted to expand this range and flexibility.

3. A program as set forth in claim 2, in which in each cycle the surge raises the peak value above the initial maximum pulse rate, and the swing produces a resting rate below the initial resting rate.

4. A program as set forth in claim 2, in which the program is conducted under temporal conditions and for a duration which brings about a progressive rise in the maximum pulse rate attainable by the patient and expands his range and flexibility.

5. A program as set forth in claim 1, in which the heart waves produced by the series of exercise-relaxation cycles are digitized and fed into a computer which analyzes these waves.

6. A program as set forth in claim 1, in which the abnormal condition is a chronic disease.

7. A program as set forth in claim 1, in which the abnormal condition is a behavioral disorder.